

# Extended Colonoscopy Preparation

## Preparing for your procedure

Your colonoscopy is scheduled for: \_\_\_\_\_ Please check in at: \_\_\_\_\_ a.m./p.m.  
Day Date

Show your current insurance card and photo ID at check-in.

Doctor: \_\_\_\_\_ Pharmacy: \_\_\_\_\_

What you'll need	7 days before your procedure	6 days before your procedure
<p>Your prescription bowel preparation will be available at the pharmacy written above 5 to 7 days before your procedure. Call the pharmacy to confirm that your prescription was received.</p> <ul style="list-style-type: none"> <li>• MiraLAX laxative—8.3-ounce (238 grams) bottle</li> <li>• Bisacodyl—4 tablets, each with 5 milligrams of bisacodyl, such as Dulcolax laxative tablets (Don't use Dulcolax stool softener.)</li> <li>• Polyethylene glycol (PEG) laxative, such as GoLYTELY, CoLyte, NuLYTELY or GaviLyte—8 liters (you'll use only 6 liters [24 cups, 8 ounces each]). Note: Your pharmacy may provide 1 of the above or an equivalent PEG laxative, depending on availability.</li> <li>• If prescribed, ondansetron hydrochloride (Zofran), an anti-nausea and anti-vomiting medicine—3 tablets (Note: This medicine isn't routinely prescribed. Not everyone will get it.)</li> </ul>	<ul style="list-style-type: none"> <li>• Talk to your primary care clinician about stopping any:               <ul style="list-style-type: none"> <li>» Anticoagulation medications, such as apixaban (Eliquis), dabigatran (Pradaxa), edoxaban (Savaysa), rivaroxaban (Xarelto) or warfarin.</li> <li>» Antiplatelet medications, such as clopidogrel (Plavix), prasugrel (Effient) or ticagrelor (Brilinta).</li> </ul> </li> <li>• Ask your primary care clinician for instructions if you:               <ul style="list-style-type: none"> <li>» Take insulin for diabetes.</li> <li>» Have heart valve disease.</li> <li>» Had heart valve replacement.</li> </ul> </li> <li>• Stop taking iron (ferrous sulfate) and multivitamins that contain iron.</li> </ul>	<ul style="list-style-type: none"> <li>• Two times during the day, mix and drink 17 grams (1 capful) of MiraLAX with 8 ounces of water, juice or liquid of your choice.</li> <li>• Drink at least eight 8-ounce (237-milliliter) glasses of water throughout the day. Cross out each square as you drink a glass.  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></li> <li>• See the tips for colon cleansing in the handout <i>Colonoscopy: What to expect</i> (#13060).</li> <li>• <b>Arrange to have a trusted adult drive you home after your procedure or ride with you by bus, taxi or ridesharing service.</b> Don't ride a motorcycle.</li> </ul>

5 days before your procedure	4 days before your procedure	3 days before your procedure
<ul style="list-style-type: none"> <li>• <b>Start eating a low-fiber diet.</b> A low-fiber diet helps make the bowel preparation more effective. See the handout <i>Low-Fiber Diet Guidelines</i> (#20953).</li> <li>• Stop taking fiber supplements (Benefiber, Citrucel, Metamucil, FiberCon).</li> <li>• Two times during the day, mix and drink 17 grams (1 capful) of MiraLAX with 8 ounces of water, juice or liquid of your choice.</li> <li>• Drink at least eight 8-ounce (237-milliliter) glasses of water throughout the day. Cross out each square as you drink a glass. □□□□□□□□</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Continue the low-fiber diet.</b></li> <li>• Two times during the day, mix and drink 17 grams (1 capful) of MiraLAX with 8 ounces of water, juice or liquid of your choice.</li> <li>• Drink at least eight 8-ounce (237-milliliter) glasses of water throughout the day. Cross out each square as you drink a glass. □□□□□□□□</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Continue the low-fiber diet.</b></li> <li>• Two times during the day, mix and drink 17 grams (1 capful) of MiraLAX with 8 ounces of water, juice or liquid of your choice.</li> <li>• Drink at least eight 8-ounce (237-milliliter) glasses of water throughout the day. Cross out each square as you drink a glass. □□□□□□□□</li> <li>• Don't drink any alcoholic beverages.</li> <li>• Don't eat any solid food after midnight. For example, if your procedure is Monday, stop eating at 12 a.m. Sunday.</li> </ul>

2 days before your procedure
<ul style="list-style-type: none"> <li>• <b>Don't eat any solid food. Begin a clear-liquid diet.</b> Clear liquids look like colored water and you can see through at room temperature. <b>Don't drink any red or purple liquids.</b> The color may interfere with your procedure.</li> </ul> <p>You may have any of the following:</p> <ul style="list-style-type: none"> <li>» Water, clear broth or bouillon, coffee or tea without milk or nondairy creamer, Jell-O, Popsicles and hard candy</li> <li>» Gatorade or Powerade noncarbonated sports drink—Regular Gatorade, regular Powerade, Gatorade G2 and Powerade Zero are OK. Choose a green-, yellow- or clear-colored flavor. Don't use powdered Gatorade.</li> <li>» Pedialyte, Propel Electrolyte Water, carbonated and noncarbonated soft drinks, Kool-Aid or other fruit-flavored drinks and strained fruit juices without pulp (apple, white grape, white cranberry)</li> </ul> <ul style="list-style-type: none"> <li>• Two times during the day, mix and drink 17 grams (1 capful) of MiraLAX with 8 ounces of water, juice or liquid of your choice.</li> <li>• Drink at least eight 8-ounce glasses of water throughout the day. Cross out each square as you drink a glass. □□□□□□□□</li> <li>• Complete the health history form (if a form was given to you).</li> </ul>

## 1 day before your procedure

- **Continue the clear liquid diet.**
- Mix the PEG solution as directed on the container.
- **At noon (12 p.m.),** take 4 bisacodyl tablets. You may or may not have a bowel movement after taking these tablets.
- **Between 4 and 6 p.m.,** begin drinking 4 liters (16 cups, 8 ounces each) of the PEG solution. **Drink the solution as follows—don't follow the directions on the container.** Drink one 8-ounce glass every 10 minutes. Refrigerate the remaining 4 liters.
  - » If you experience nausea or vomiting, rinse your mouth with water and take a 15- to 30-minute break. Then continue drinking the solution. If prescribed, take ondansetron hydrochloride (Zofran) if needed for nausea according to the label.
  - » Expect to have diarrhea. You may see results right after drinking the solution, or it may take a bit longer. You may feel chilled.
- Continue to drink clear liquids. Drinking clear liquids makes sure you're hydrated well enough and helps your bowel preparation fully clean out your colon.
- Drink at least 8 glasses of water during the day. Cross out each square as you drink a glass.

## Day of your procedure

- **Four hours before leaving your home for your procedure,** drink 2 liters (8 cups, 8 ounces each) of the PEG solution. Drink one 8-ounce glass every 10 minutes.
  - » If you experience nausea or vomiting, rinse your mouth with water and take a 15- to 30-minute break. Then continue drinking the solution. If prescribed, take ondansetron hydrochloride (Zofran) if needed for nausea according to the label.
  - » Expect to have diarrhea. You may see results right after drinking the solution, or it may take a bit longer. You may feel chilled.
- **Three hours before** your procedure, stop drinking all liquids, including water.
- You may take your morning medicines with 4 ounces of water after finishing your preparation.
- Your stool should be clear or yellow liquid. If you're unsure whether your colon is clean, call the number on the handout *Gastroenterology and Endoscopy Locations*.
- Bring the following to your procedure:
  - » Health insurance card
  - » Photo ID
  - » Completed health history form (if a form was given to you)
  - » Trusted adult to drive you home or ride with you if you take a bus, cab or ridesharing service



**Education Resources**